



# SUGGESTIONS FOR DEBATE AND DISCUSSION CONCERNING WATER AND HEALTH, NUTRITION AND SAFETY



**What role does and should drinking water play in your diet?**

Can you make a chart showing how often and when you drink water? Does this surprise you? Should it be increased? How would you encourage yourself and others to drink plenty of water?

**How much water is found in fruit, vegetables and salad ingredients?**

Investigate and prepare an analysis in any format you wish. Discuss whether this is a surprise or not. What sort of recipes could you design to encourage more consumption of such items?



**What role do manufacturers play in encouraging us to drink sugary drinks over water?**

How does advertising affect what we eat and drink? Look at a range of adverts and see how they are targeting different age groups. Could you design an advert to encourage water intake?

**What are the statistics in this country for tooth decay?**

Investigate how many young children are having their teeth extracted. What may be causing this situation and how could it be addressed? Could you design a game for young children on this subject? Could you investigate what role supermarkets have? Do you agree with their marketing strategies or not?



**Why are fundraisers at schools often cake sales?**

Could fruit, vegetables and salad ingredients be highlighted and how would you do this? Can you find out what the most popular fruits and vegetables are in your class?

**Why are sports events sponsored by manufacturers of sugary drinks?**

What effect do you think this has on participants? How would you consider readdressing this balance? How would you consider approaching manufacturers?



**Why is it important to keep clean?**

What form does this take for you personally? Do you have issues keeping clean? How expensive is water in the home? Can you look at your parents' water bill and make some analysis of the cost of water? How does this compare to other expenditure?

**Can you investigate how many litres are used for various activities in the home?**

What decisions may have to be made based on this information? Do you know if you are on a water meter? How can you be more careful at home?

**What role do cafes and restaurants play in encouraging us to choose sugary drinks over water?**

Investigate the Water UK Refill campaign which started in Bristol and find out what this involves. How do you feel about this? How do you feel café owners will feel about this?



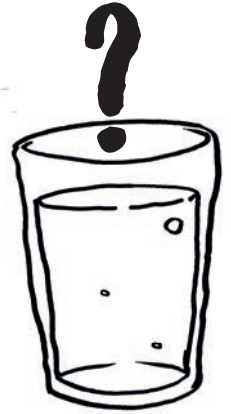


**Can you investigate the tragedy of students who have drowned in Bath, Somerset?**

What may be causing these tragedies? What steps would you take to help people avoid this? What role should others take in such situations?

**Have you been abroad recently?**

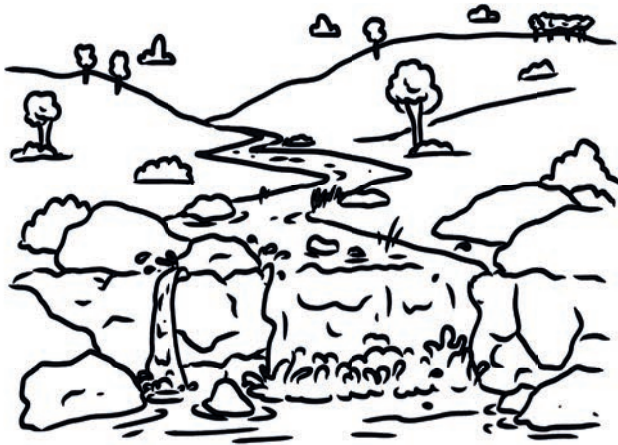
Where did you go and could you use the taps for drinking water? If not, why not? Could you use the toilets as we do here or did you need to put the paper in a separate receptacle? Why is this? How do you feel about this?



**Can you investigate how much water is used at school?**

Can you list all the activities using it at school and find out how much the school is paying? Can you estimate how much water is wasted every day? Can you design a poster encouraging pupils to be more careful?

**Do you know where your local river, reservoir and canal are located?**



Can you name them and locate them on a map? How often do you visit and why? What sort of leisure pursuits can be carried out at these locations? How do you keep yourself and others safe too?



Can you use the Water Aid website to investigate the work done abroad by this charity? Do you think this is something you would support? Discuss the pros and cons. How many people in the world don't have access to clean water? [www.wateraid.org/uk](http://www.wateraid.org/uk)

Please do go to our website at [wessexwater.co.uk/community/education](http://wessexwater.co.uk/community/education) for further information